

A VIRTUAL OA EVENT HOSTED BY
THE DC-METRO AREA INTERGROUP

Special Virtual Event:

Is There Such a Thing as Being “TOO HEALTHY”?

Orthorexia and Exercise Bulimia

Sat, April 17th, 2021, 1pm to 2pm



Orthorexia: unhealthy obsession with healthy eating

Exercise Bulimia: purging through excessive exercise

Join OAs from around the world as we hear from a panel who will share their experience, strength, and hope specifically on orthorexia and exercise bulimia.

Register: <https://tinyurl.com/DCOA2021April>

For more info, visit our event calendar:

<https://oa-dcmetro.org/activities/>